

DINNERLY



Saucy Plant-Based 'Meatballs' with Mashed Potato and Green Beans



35 minutes



2 Servings

When you've got a hankering for meatballs and mash, we've got it covered! This vegan twist serves up plant-based 'meatballs' smothered in onion gravy for a good dose of belly-warming comfort food.

WHAT WE SEND

- 2 potatoes
- 150g green beans
- 1 onion
- parsley
- 10g smoky barbecue seasoning¹⁷
- 250g plant-based mince⁶

WHAT YOU NEED

- 1 garlic clove
- 2 tbs olive oil
- 250ml (1 cup) boiling water
- 2 tsp plain flour¹
- 2 tbs barbecue sauce

TOOLS

- medium saucepan with lid
- potato masher
- medium frypan
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 705kcal, Fat 34.8g, Carbs 59.8g, Proteins 31.3g



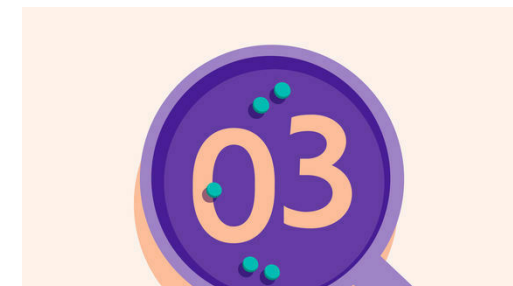
1. Make mash

Crush **1 garlic clove**. Peel the **potatoes** and cut into 3cm chunks. Put the potato in a medium saucepan of cold salted water and bring to the boil. Reduce the heat to medium and cook for 13-15 mins until tender. Mash the potato until smooth. Add **1 tbs olive oil** and **half the garlic**, season with **salt and pepper** and stir to combine. Cover to keep warm.



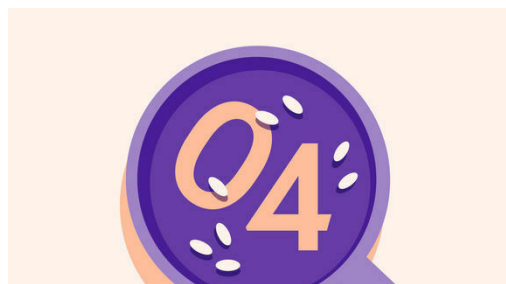
2. Prep ingredients

Meanwhile, trim the **beans**. Thinly slice the **onion**. Finely chop the **parsley** leaves and stems. Put **half the barbecue seasoning** and **250ml (1 cup) boiling water** in a heatproof jug and stir to dissolve.



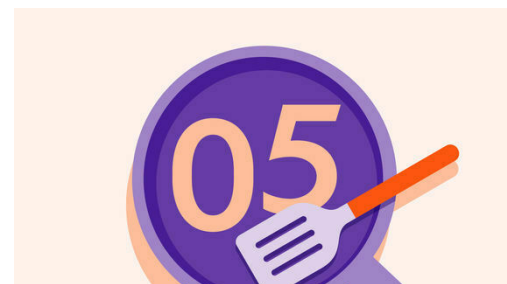
3. Make meatballs

Put the **plant-based mince**, **remaining barbecue seasoning** and **half the parsley** in a bowl and season with **salt and pepper**. Using damp hands (see Kitchen 101), combine well, then shape into walnut-sized balls. Heat **1 tbs olive oil** in a medium frypan over medium-high heat. Cook the **meatballs**, turning, for 3-4 mins until browned. Remove from the pan, reserving the oil in the pan.



4. Make onion gravy

Bring a small saucepan of water to the boil for the beans. Return the reserved frypan to medium heat. Cook the **onion** and **remaining garlic**, stirring, for 5 mins or until softened. Add **2 tsp plain flour** and cook, stirring, for 1 min or until the flour starts to turn golden. Gradually add the **stock**, stirring constantly, and bring to the boil.






5. Serve up

Add the **meatballs** and **2 tbs barbecue sauce** to the gravy and cook, stirring, for 3-4 mins until thickened. Taste, then season with **salt and pepper**. Remove from the heat. Meanwhile, cook the **beans** in the pan of boiling water for 2-3 mins until tender. Drain. Divide the **meatballs and gravy**, **mash** and **beans** among plates. Scatter over the **remaining parsley** and enjoy!



6. Kitchen 101

If you roll the meatballs with dry hands, you'll find the mince will stick to them. Rinse your hands under water or lightly oil them before rolling.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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 **Packed in Australia**
from at least **75%**
Australian ingredients